



**K2**  
PSYCH SERVICES, LLC

*K2 Psych Services*  
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March 2, 2026

Del. Heather Bagnall  
Del. Bonnie Cullison  
Health Committee  
241 Taylor House Office Building  
Annapolis, Maryland 21401

Dear Del. Bagnall, Del. Cullison and members of the Health Committee:

I am writing as a licensed clinical psychologist practicing in Hunt Valley, Maryland, at K2 Psych Services, where I specialize in providing comprehensive evaluations and therapeutic services to children, teens, and young adults. I am submitting this testimony in strong support of HB 1021, which would grant prescriptive authority to properly trained psychologists in our state.

Across my experience in medical, outpatient, and community mental health settings, I have seen firsthand the pervasive issue of limited access to timely, appropriate mental health care, especially when it comes to obtaining necessary medication for mood and behavioral difficulties. After completing evaluations, I am frequently asked by individuals and families if I can prescribe medication to follow up on my recommendations for stabilization. Unfortunately, I must refer them to another provider, who may not have availability for weeks or months, further delaying access to care and increasing distress for these families. In many cases, these delays have forced families to seek emergency services, such as walk-in psychiatric clinics or emergency room departments, to access medication more quickly for their children or teens.

I also want to share my perspective as a mother. My own 14-year-old daughter struggled academically, socially, and with her mental health for some time. We engaged in therapeutic and assessment services with licensed clinical psychologists to help identify her ADHD, generalized anxiety, and learning disorders. After her comprehensive evaluation, we were recommended to consider medication management, but we faced the same challenge as many families: needing to find yet another provider qualified to prescribe medication for children and teens. This led to additional delays and further time before she could access the care she needed. Experiencing these barriers as both a professional and a parent has deepened my understanding of the urgent need for more integrated and accessible mental health care.

This legislation strengthens coordinated care by allowing psychologists, who are uniquely positioned to integrate psychological testing, psychotherapy, and medication management, to provide comprehensive services within a collaborative medical framework. Importantly, HB

1021 establishes a rigorous, voluntary certification process that includes a two-year post-doctoral master's degree in clinical psychopharmacology, passage of a national standardized exam, hundreds of hours of supervised prescribing experience, ongoing collaboration with medical providers, and continued education requirements. Prescribing authority would be limited to psychotropic medications, ensuring patient safety and quality of care. Other states have successfully implemented similar models with strong safeguards and demonstrated positive outcomes.

Granting prescriptive authority to properly trained psychologists would help bridge these gaps, ensuring timely, integrated care and reducing the need for emergency interventions. Maryland patients deserve expanded access to high-quality, coordinated mental health care, delivered by providers who know them best.

I urge you to support HB 1021 for the benefit of Maryland families and individuals struggling with mental health challenges.

Thank you for your time and consideration.

Respectfully,

A handwritten signature in cursive script that reads "Kara R. Koenig, Psy.D.".

Kara R. Koenig, Psy.D.  
Owner and Licensed Clinical Psychologist (MD 06224)  
K2 Psych Services, LLC